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What was the experience of enslaved Africans during the Middle Passage?

Enslaved African American people were held in terrible living conditions and were treated extremely poorly during the Middle Passage. Taken from their home land, they were captured from the House of Slaves, located right on the coast of West Africa. They highly chose this place because of easy accessibility and convenience to their overall goal, to take and enslave the Africans. Once boarded upon the slaveships they were split into various groups dependent on gender and age, the woman and small children usually grouped together and then the men. They were chained under the ships, each body laying head to toe right above one another, and kept there the entire time period, ranging anywhere from two to three months. Marcus Rediker, historian, writer, activist and professor at University of Pittsburgh, further helped me to answer this question. He constructed a piece centered around the Middle Passage and the experience that the enslaved Africans had. Within his writing he touched on these various points that I've mentioned and even begin the essay speaking about a specific enslaved chronicler of the slave trade and the Middle Passage, Olaudah Equiano.